

January 2016

# Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



## THE DIABETIC DANGERS

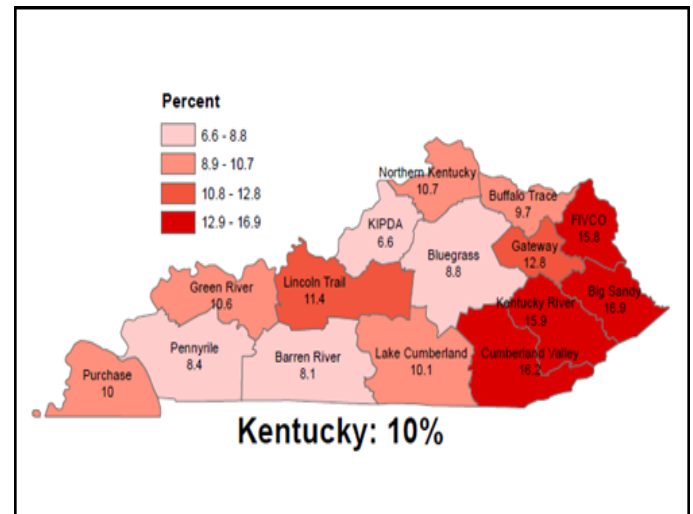
Diabetes has become so wide spread throughout the U.S. and Kentucky that many people believe it is not a serious disease. When in fact, diabetes can be very debilitating and can lead to death.

Diabetes is the 7th leading cause of death in the United States, and it is estimated that seven million people in the U.S. are unaware they have it. In 2012, 10.7% of Kentucky adults had Diabetes.

The Good news is that diabetes can be managed or prevented with just a few lifestyle changes.

*Diabetes Mellitus*—is a group of diseases characterized by high level of blood glucose (sugar) resulting from defects in insulin production, insulin action or both.

*Insulin*—is a hormone produced by the pancreas that is needed to convert sugar, starched and other foods to energy inside our cells.



### Are you at RISK?

Americans who are unaware they are living with diabetes may feel their symptoms are harmless and diabetes goes undiagnosed. Some people with type 2 diabetes suffer no symptoms at all.

If you have any symptoms of diabetes please visit a healthcare physician.

### Some Common Symptoms:

- ◆ Extreme fatigue and irritability
- ◆ Unusual thirst and frequent urination
- ◆ Extreme Hunger
- ◆ Unusual weight loss
- ◆ Frequent infections or cuts and bruises that heal slowly.



## How can I prevent or Manage Diabetes?

Research has shown that weight loss through moderate diet changes and physical activity plays a large role in preventing or delaying diabetes and its complications such as heart disease, stroke, kidney disease, blindness, nerve damage and other health problems.

### KNOW YOUR NUMBERS

Having regular visits to your physician and knowing your A1C, Blood Pressure, and Cholesterol can help you to possibly avoid or manage your diabetes.



References:

<http://chfs.ky.gov/dph/info/dpqi/cd/diabetes.htm>

<http://www.eatright.org/resource/health/diseases-and-conditions/diabetes/the-dish-on-diabetes>

## What is too high?



## What can you do?

- ♦ Talk to your health care provider at your next visit.
- ♦ Testing to detect pre-diabetes and type 2 diabetes should be considered in adults of any age who are overweight or obese and who have one or more risk factors.
- ♦ Testing should begin at 45 years in those not at risk then repeated every 3 years.
- ♦ Eat a healthy diet and limit intake of sweets.
- ♦ Increase physical activity even if it is just 10 minutes at a time.

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<http://chfs.ky.gov/dail/default.htm>